



Lyn's Recipes

January 2007 - Fishysoisse



We apologise for the title - blame the Australian Women's Weekly where the original appears in their booklet 'The Best Seafood Recipes'. As the name implies, fish is added to a variation on the classic French leek & potato soup, to which Lyn has introduced an idea or two of her own. It's simple to make & eats very well.

Ingredients

1 leek, roughly chopped
4 medium potatoes, roughly chopped
9 oz (250g) skinned white fish fillets, chopped
2 pints (1.1l) fish stock
1/2 can coconut milk
Salt & freshly-ground black pepper

Cook

Put the leek, potatoes, fish & stock in a large saucepan, bring to the boil & simmer until the potatoes are soft (about 20 minutes).

Blend the soup until smooth, in batches if necessary.

Stir in the coconut milk, reheat & check for seasoning.

Serve

Serve with crusty bread for a starter or light lunch.



Lyn's Recipes

February 2007 - Grilled Cod with Prawn Sauce



Here's one of Lyn's inventions. Any fish suitable for grilling would do as well as Cod; flatfish would be superb.

Ingredients

1lb (450g) skinned Cod fillets
1/2 pint (300ml) fish stock, from a cube is OK
Salt & freshly-ground black pepper
1 tsp cornflour
Milk
Pinch turmeric
6 oz (150g) small prawns, cooked & peeled

Cook

Grill the fish under medium heat on both sides, until just cooked through.
Heat the fish stock & reduce it by around 1/3. Season to taste.
Mix the cornflour with a little milk to form a paste & add to the reduced stock. Heat gently to thicken to a sauce consistency; add more cornflour if necessary.
Add the turmeric & prawns, warm through & pour over the fish.

Serve

Serve with vegetable accompaniments of your choice. We had crushed potatoes with cheese & chilli topping, grilled mushrooms & corn on the cob.



Lyn's Recipes

March 2007 - Fish Balls in Sweet Red Pepper Sauce



This one is Lyn's version of a recipe in Susan Hicks' 'The Fish Course' (BBC). Use any white fish you have to hand.

Ingredients - Fish Balls

1lb (450g) skinned fish fillets
2 tsp finely chopped coriander leaves
2 eggs
5 fl oz (150ml) natural yoghurt
Juice of 1/2 a lemon
Salt & freshly-ground black pepper
4 oz (120g) breadcrumbs
Sunflower oil for frying

Ingredients - Sauce

4 red peppers, de-seeded & chopped
2 medium onions, finely chopped
4 cloves garlic, crushed
Juice of 1/2 a lemon
2 tbsp olive oil
Salt & freshly-ground black pepper

Cook

Wash the fish, pat it dry, chop it roughly & put it in a food processor with the coriander, eggs, yoghurt, lemon & seasoning. Blend until smooth.

Refrigerate the mixture, covered, for an hour or so.

Meanwhile, make the sauce. Place the ingredients in a pan & cook over a low heat for about an hour. Blend until smooth & set aside.

Form the fish mixture into snooker-sized balls & roll them in the breadcrumbs.

Fry them in a little hot oil, turning regularly until they are browned all over.

Put the balls in a baking dish, pour over the sauce & bake in a pre-heated oven (200C/400F/Gas 6) for 20 minutes.

Serve

Susan Hicks recommends serving with plain rice & a salad. We had some fried mushrooms & fresh bread.



Lyn's Recipes

April 2007 - Turbot with Shrimp Sauce



Phil caught a 6lb Turbot, unusually large for us, & Lyn found a suitable recipe in a Reader's Digest publication 'Farmhouse Cookery'. This is her version. She used 2/3 of the fillets, but a slightly smaller fish, cooked whole would be ideal for 4.

Ingredients

1 Turbot, around 4lb (2Kg), whole or filleted
Up to 1 pint (600ml) each of milk & water
1 slice lemon
Salt & freshly-ground black pepper
1/2 pint (300ml) shrimps or small prawns
3/4 pint (450ml) water
2 tsp flour
6 oz (175g) butter, diced
Pinch cayenne pepper

Cook

If you have shrimps or prawns with shells on, remove the meats & boil the heads & shells in 3/4 pint (450ml) of water for 20 minutes, then strain & reduce to 1/2 pint (300ml) if necessary. Lay the fish in a single layer in a pan & just cover with the milk & water. Add the lemon & seasoning.

Bring to the boil & simmer until the fish is not quite cooked (8-12 minutes). Remove & set aside. The liquid can be frozen & used later as a stock or soup base.

If your shellfish is already prepared, measure out 1/2 pint (300ml) of the poaching liquor &, optionally stir in 1/2 a fish stock cube.

Put the flour in a pan & gradually pour in the shrimp or fish stock, stirring continuously. When you have a smooth sauce, whisk in the butter cubes over a medium heat. Continue whisking until the sauce thickens.

Add the shrimps or prawns, mix, check for seasoning, then pour over the fish. Return to the heat to allow the Turbot to heat through & finish cooking.

Serve

Serve with new potatoes & a salad.



Lyn's Recipes

May 2007 - Escalope of Turbot with Fresh Ginger Sauce



This recipe is Lyn's version of one in Angela Gray's 'Hot Stuff', published by Elf Vision. Contrary to the book's title, the result isn't hot at all; there's just a subtle ginger flavour that goes with the fish beautifully. Turbot isn't obligatory, any flatfish or even salmon would do very well.

Ingredients

6 skinned fillets of Turbot around 8oz (225g) each
2 pints (1.1l) fish stock
1 oz (25g) piece fresh ginger
3 tbsp dry white wine
1 pint (450ml) double cream
3 tbsp brandy
1 oz (25g) butter
Salt & white pepper

Cook

Peel the ginger & chop it finely. Don't discard the peel.
Heat the ginger peel, brandy & half the fish stock in a shallow pan, bring to the boil & reduce the volume by half.
Add the cream, turn down the heat & cook gently for 20 minutes.
Stir in the butter, pass the sauce through a sieve, then add the chopped ginger, check for seasoning & set aside to keep warm.
Poach the fish in the remaining stock. When just cooked through, remove from the pan & drain.

Serve

Serve the fish with the sauce & side dishes of your choice. We had roasted vegetables & sautéed potatoes - as simple a meal as they come.



Lyn's Recipes

June 2007 - Crab, Red Pepper & Artichoke Strudel



Only in Australia could you find a booklet entitled 'Almost Vegetarian' (Australian Women's Weekly). Typically, authentic vegetarian recipes are modified optionally to include a meat or fish element; in this case prawns are recommended, but Lyn has used Spider Crab.

Ingredients

Meat from 1 large cock Spider Crab
2 red peppers
1 small can artichoke hearts, drained & halved
Handful fresh basil, shredded
2 oz (50g) pine nuts, toasted
7 oz (200g) cottage cheese
2 tbsp Dijon mustard
8 sheets filo pastry
2 oz (50g) butter, melted
Salt & freshly ground black pepper

Cook

Quarter & deseed the peppers, then grill them, skin side up, until the skin blackens & blisters. Peel & cut into 1 1/4" (3cm) pieces.
Mix the crab, peppers, artichokes, basil, nuts, cheese & 1/2 the mustard in a bowl. Check for seasoning.
In another bowl, combine the butter & remaining mustard, brush the pastry sheets with the mixture & layer them on top of one another.
Spoon the filling along one side of the pastry, leaving a 1 1/2" (4cm) border. Fold in the sides & roll up to enclose the crab mixture.
Place on a baking sheet, brush with the remaining butter & mustard, & bake in a pre-heated oven (180C, 350F, Gas 4) for 25 minutes or until browned & heated through.

Serve

Delicious with roasted tomatoes & a green salad.



Lyn's Recipes

July 2007 - Ling Fish Cakes with Spicy Tomato Sauce



You don't have to use Ling for this one; any white fish will do fine. The hot tomato sauce, which will go with a range of Indian-style food, contrasts with the fish cakes which have a light, fluffy texture - delicious. The recipe is Lyn's version of one in Cyrus Todiwala's book 'Café Spice Namaste', published by the Ebury Press.

Ingredients - Sauce

2-3 tbsp oil
2 1" (2.5cm) pieces of cinnamon stick
2 dried red chillies, broken into bits
2 medium onions, finely chopped
1 heaped tbsp ginger/garlic paste
5 fresh or 14 oz (400g) can tomatoes, chopped
1 tbsp malt vinegar
1 tbsp soft brown sugar
2 tbsp lemon juice
Salt

Ingredients - Fish Cakes

9 oz (250g) skinned Ling fillet
1 fresh green chilli, chopped
6 cloves garlic, chopped
2 tbsp chopped fresh coriander
1 tsp salt
1 tbsp lemon juice
3 large eggs
2 slices white bread, crusts removed, soaked in water & squeezed dry
4 oz (100g) plain flour
Oil for shallow frying

Cook

First make the sauce. Heat the oil in a pan, add the cinnamon sticks & fry until they change colour. Add the chillies & stir briefly.

Now put in the onions & cook until they are softened, but not browned.

Stir in the ginger/garlic paste. You can buy this ready-made or, if you prefer, blend together equal quantities of ginger & garlic, until smooth.

Fry on for a minute or so, then add the tomatoes, vinegar, sugar & lemon juice. Cover the pan, then simmer for 15-20 minutes, stirring occasionally, until you have a thick sauce. Season to taste.

Put the ingredients for the fish cakes, up to & including the bread (only 1 egg) into a food processor & mix well. Check for seasoning.

Put the flour in a shallow dish & the remaining eggs, well beaten, in another.

Divide the fish mixture into 8, form into balls & flatten gently into cakes around 3/4" (2cm) thick.

Dip each fish cake in the flour, then the egg. Allow any excess egg to run off & fry in hot oil for a few minutes each side, until golden brown. Drain on kitchen paper.

Serve

Serve with plain basmati rice & a vegetable side dish - we had sag aloo.



Lyn's Recipes

August 2007 - Fish Soup with Rouille & Croûtons



We haven't published many soup recipes, so here's a particularly good one to redress the balance. It comes from 'Soup Kitchen' published by Collins. The book is a collection from different chefs, the proceeds going to charity. If you're into soups, we heartily recommend it. The original recipe is Rick Stein's; as usual Lyn has modified it to suit what was in the cupboard at the time. Use any cheap fish; it doesn't have to be Whiting.

Ingredients - Soup

2 lb (900g) skinned fillets of Whiting
2 pints (1.1l) fish stock - make it from fish bones or use cubes
3 fl oz (75ml) olive oil
3 oz (75g) each of onion, celery, leek & fennel, roughly chopped
3 cloves garlic, sliced
Juice from 1/2 an orange plus a slice of the zest
7 oz (200g) can chopped tomatoes
1 small red pepper, with seeds & pith removed, sliced
1 bay leaf
1 sprig fresh thyme
Pinch saffron
4 oz (100g) unpeeled prawns
Pinch cayenne pepper
Salt & freshly-ground black pepper

Ingredients - Croûtons

1 small baguette
1 clove garlic, peeled
Olive oil
1 oz (25g) Parmesan, finely grated
2 tbsp rouille - buy a jar from the supermarket

Cook

Heat the olive oil in a pan, put in the vegetables & garlic & cook gently for 20 minutes, until they have softened, but not taken on any colour.

Add the orange zest, tomatoes, red pepper, herbs, prawns & fish. Cook briskly for 2-3 minutes, then add the the stock & orange juice, bring to a boil & simmer for 40 minutes.

While simmering, slice the baguette thinly, rub with garlic & fry in olive oil until browned & crispy. Drain on kitchen paper.

Blitz the cooked soup, then strain it through a sieve. Use the back of a ladle or large spoon to extract as much liquid as possible.

Return the soup to the heat, then add cayenne, salt & pepper to taste.

Serve

Ladle the soup into bowls. Float a couple of croûtons, spread with rouille on each & sprinkle Parmesan on top.



Lyn's Recipes

September 2007 - Poached Bass with Red Pepper Sauce



This dish combines simply poached fillets of Bass with a sauce Lyn has developed from a recipe for smoked trout in the Australian Women' Weekly booklet 'The Best Seafood Recipes'. If you're only serving 4 people, there'll be sauce left over. Use it with other fish or chicken dishes, or as a base for a soup.

Ingredients

Skinned fillets of Bass, 6-8oz (175g-225g) per serving
1 glass dry white wine
14 fl oz (375ml) hot water
1/2 vegetable stock cube
Salt & freshly-ground black pepper
Vegetable oil for shallow frying
1 1/4 oz (30g) butter
1 medium onion, chopped
2 medium red peppers, deseeded & chopped
1 tbsp plain flour

Cook

Mix the wine, water & stock cube to form the poaching liquor.
Season the fish & lay, in a single layer, in a baking dish or frying pan. Pour the poaching liquor on top.
Cover & place over a medium-low heat. Poach until just cooked through. Remove from the pan (keep the liquid) & set aside to keep warm.
Melt the butter in a medium-sized saucepan, add the onion & peppers & cook over a low heat for 10 minutes or until the peppers have softened. Stir occasionally during this period.
Add the flour & cook over heat, stirring constantly, for 1 minute. Remove the pan from the heat.
Gradually pour the retained poaching liquor into the saucepan, then bring to a boil over high heat, stirring continuously.
When the mixture has thickened, blend it until smooth & pass it through a sieve. Reheat & check for seasoning.

Serve

Serve the Bass with some of the sauce & a staple or salad. We had garlic potatoes.



Lyn's Recipes

October 2007 - Gratin of Seafood with Garlic Crumble



This recipe comes from one of those charity cookbooks where a collection is built from many contributions. The original is the work of a Patsy Major. The result is both substantial & tasty. Use any fish you like or happen to have available.

Ingredients - Filling

1 1/4lb (550g) fish fillets
4 oz (110g) peeled prawns
3/4 pint (425ml) milk
2 bay leaves
A pinch powdered mace
1 1/2oz (40g) butter
1 1/2oz (40g) plain flour
1 tbsp lemon juice
1 small onion, chopped
1/2 green pepper, pith & seeds removed, chopped
1 tbsp capers, drained
1 tbsp chopped parsley
1 tbsp oil
Salt & freshly-ground black pepper

Ingredients - Topping

4 oz (110g) breadcrumbs
2 clove garlic, crushed
2 oz (50g) grated, strong cheese
1 oz (25g) butter in small cubes
Salt & freshly-ground black pepper

Cook

Poach the fish fillets in the milk flavoured with the bay leaves, mace, salt & pepper, until barely cooked. Remove the fish, strain off the liquid & retain it.

Melt the butter in a pan, add the flour, cook for 1 minute. Gradually add the poaching liquor & lemon juice, stirring constantly. Cook until the sauce is smooth & thickened. Stir in the parsley.

Heat the oil in a frying pan & cook the onion & green pepper until they have softened, but not taken on any colour.

Flake the fish, discarding the skin, & lay it evenly in a baking dish, together with the prawns.

Add the onions, green pepper & capers, then pour the sauce into the dish.

Mix the ingredients for the topping, sprinkle evenly over the top of the fish & bake in a pre-heated oven (190C/375F/Gas 5) for 20 minutes or until golden brown.

Serve

The dish is a meal in itself, but goes very well with a green salad or, as in the picture, a few roasted vegetables.



Lyn's Recipes

November 2007 - Curried Fish Pasties



Regulars may remember a recipe for fish pasties we published in September 2005. Here's a variation on the theme, using a very different filling, based on an entry in 'The Best Seafood Recipes' booklet (Australian Women's Weekly).

Ingredients

2 1/2 oz (60g) butter
1 each of medium potato, carrot & onion, chopped
1 lb 2 oz (500g) skinned white fish fillet, cubed
2 tsp mild curry powder
2 tbsp plain flour
1/2 pt (225ml) milk
1 tbsp lemon juice
Salt & freshly ground black pepper
Shortcrust pastry dough
1 egg, lightly beaten

Cook

Make or buy the pastry dough. For instructions, see the bonus recipe for September 2005. You need enough for 4-5 large pasties.

Heat the butter in a medium saucepan, add the vegetables & cook on a medium heat until the onion softens.

Stir in the fish & curry powder & cook on for a minute.

Remove from the heat, gradually stir in the milk, then return to the stove & cook, stirring constantly until the mixture thickens.

Check for seasoning, then set aside & allow to cool to room temperature.

Roll out the pastry &, using a suitable plate as a template, cut out 4 7 1/2" (19cm) discs.

Divide the filling equally between the 4 pasties, leaving space on the margins. If there is too much mixture, make a fifth pasty.

Moisten the edges of the discs, fold over & pinch to seal. Complete the sealing process by crimping the edges, giving a traditional pasty shape.

Place the pasties on a greased baking sheet, brush liberally with beaten egg & bake in a pre-heated oven at 200C/400F/Gas 6.

After 15 minutes, remove the pasties, egg-wash again & return to the oven for a further 20 minutes.

Serve

Eat hot or cold as a snack or add some fresh vegetables for a satisfying meal. We had broccoli & roasted tomatoes.



Lyn's Recipes

December 2007 - Greek Baked Fish



This dish is based one in a book with the unlikely title 'The Ten Unexpected Greeks Just Arrived for Dinner Cookbook' by someone with the equally unlikely name of 'Ziggy Zen' & published by Pan Macmillan Australia. It's one of those easy to cook recipes that make for a simple & satisfying supper.

Ingredients - Filling

2lb (900g) skinned white fish fillets
2 1/2 fl oz (60ml) olive oil
2 onions, thinly sliced
2 cloves garlic, crushed
1 large can chopped tomatoes
3 tbsp tomato purée
Generous handful chopped flat leaf parsley
1 tsp oregano
1/4 tsp cinnamon
6 fl oz (125ml) white wine
Salt & freshly ground black pepper
Handful of black olives, stoned & halved

Cook

Oil a baking tray with half the olive oil, then lay the fish in in a single layer.
Heat the remaining oil in a pan & fry the onion & garlic for 5 minutes or until translucent.
Add the remaining ingredients except the olives, cover & cook on for 10 minutes.
Check for seasoning, then pour the sauce over the fish & bake in a pre-heated oven (180C/350F/
Gas 4) for 30 minutes or until the fish is just cooked through.
Garnish with the olives

Serve

Serve with boiled rice or a salad & crusty bread - simple & very tasty.



Lyn's Recipes

2007 Bonus - Maureen's Marinated Fish

Maureen's family comes from Jamaica & she specialises in Afro-Caribbean cooking. We are indebted to her, & also to Mel & Jackie who prepared the dish when staying with us, to give Lyn a night off. It's chilli hot, but delicious & is likely to become a regular on the Upper Thurston menu. In some cases, Maureen has specified proportions rather than quantities; use your common sense & you won't go far wrong.

Ingredients - Marinade

4 parts curry powder
1 part chilli powder
1 part paprika
Chopped garlic
Sliced onion
Sliced green pepper
1 tsp West Indian fish seasoning (available from supermarkets)
Salt & black pepper

Ingredients - Fish & Sauce

Fillets of skinned white fish, Pollack is fine, flatfish or Ling would be great
1 tsp vinegar
Hot pepper sauce
Sweet chilli sauce
Whole black peppercorns

Cook

Prepare & mix the marinade ingredients.
Place the fish in a flat dish, pour on the marinade & turn to coat thoroughly.
After 1/2 hour or so, remove the fish from the marinade, heat some oil in a large pan & fry the fish, until just cooked through, turning once. Remove & set aside to cool.
In the same pan, fry the marinade mixture with the remaining ingredients, until the onions, garlic & peppers are soft. Return the cooked fish to the pan & allow the whole to cool to room temperature.

Serve

This dish is flexible. It is lovely as we had it, served cold on a bed of salad leaves for a starter, but Maureen says it is as good served hot in a tomato sauce. You make this by adding a large can of chopped tomatoes to the fried marinade, cooking it for a while before adding the fish & allowing it to heat through. Serve with classic Jamaican coconut rice & peas.
